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'Toys' make stunning entry into Canada

BORDER SERVICES People would have gotten a real charge out of a recent shipment of mobile phones from China.

Canada Border Services Agency says officers found a shipment of stun guns disguised as cellphones — complete with buttons and a large screen — when they X-rayed a package that arrived in Vancouver on Sept. 27.

They had been declared as toys and were destined for Hamilton.

The shipment was passed on to police in that city, who delivered the merchandise and promptly arrested the man who accepted the goods. THE CANADIAN PRESS

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Relating pg 8

Dealing with the turkey dump

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ARTIST'S RENDERING: CITY OF VANCOUVER/ROBERTS: GETTY IMAGES/PETTIT: THE ASSOCIATED PRESS/CUDDY: BLUE RODEO

An artist's rendering of LiveCity Yaletown in David Lam Park. Performers include Sam Roberts, top, of the Sam Roberts Band, George Pettit, of Alexisonfire, middle, and Blue Rodeo's Jim Cuddy. LiveCity Downtown, at Georgia and Cambie streets, will sell alcohol.

LiveCity acts announced

Free party plazas for Games about 'sharing the moment': Mayor

JEFF HODSON
jeff.hodson@metronews.ca

VANCOUVER 2010 Games

Massive screens, nightly fireworks and live music by the likes of the Sam Roberts Band and Alexisonfire will welcome Olympic revellers in downtown Vancouver during the 2010 Games.

Vancouver fleshed out its plans yesterday for its two free party plazas, or LiveCity sites, during the Winter Olympics.

"The Olympic experience is about celebration and sharing the moment," said Mayor Gregor Robertson. "And that is what LiveCity Vancouver is all about."

• LiveCity Yaletown is located along the north side of False Creek in David Lam Park. The site, which holds 10,000, is billed as alcohol-free family entertainment.

• LiveCity Downtown is located in a parking lot at Georgia and Cambie streets. It is smaller and will hold about 3,000 people. It will serve alcohol and will also operate as the lone LiveCity site during the Paralympic Games in March.

Olympic sound

• Other musical acts at LiveCity during the Olympics include Blue Rodeo, Dead-Mou5, Johnny Reid, Jully Black, Wilco and Wintersleep.

The two sites are connected by the Hamilton Street walkway, which will be closed to vehicle traffic during the Games.

Celebrators will have to pass security to access the sites.

Vancouver will spend $5 million on the project. Part of that will pay for large rubber mats, made from recycled tires, to prevent the David Lam Park field from turning into a huge mud pit. The sod will be replaced after the Games.

LiveCity Yaletown is also the site of Vancouver House, the city's pavilion, which was originally planned for the main branch of the Vancouver Public Library.

The Yaletown site will have nightly fireworks to celebrate, said LiveCity creative director Scott Givens.

However, he added, previously announced plans for a light-projection show onto a wall of water pumped over False Creek have not been finalized.

Third case of robbery, arson in one month

STIG NIELSEN
for Metro Vancouver

INVESTIGATION A 24-year-old woman suffered burns after a thief broke into her apartment and set a small fire before leaving — the third such incident in Vancouver in less than one month.

Police yesterday warned people to lock their windows and sliding glass doors at night, and to be vigilant.

On all three occasions the thief crawled through a cracked window or slid through an open door. He stole "minor items" before setting the fire. The person even scaled buildings to gain access to apartments above the ground floor, Const. Lindsey Houghton said.

"The incidents are similar enough … that we do believe it is quite possible that these have been perpetrated by the same person," Houghton added.

No one was home during the first two incidents on Sept. 10 and 23. However, a woman was sleeping in her apartment just before 1 a.m. when the fire alarm went off. She suffered second-degree burns trying to put it out.

"In all three incidents the people living in the suites are all living alone," Houghton said. It's unknown if they were targeted for that reason.

He added the case has been "very disturbing to our arson investigators."

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Mayan Riviera 7 Nights 4-Star — from $685 + taxes & fees $280
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Local

2010 ticket resales being mulled

Anyone with much-coveted Olympic tickets wanting to resell them at a profit may be able to do so if they go through the official Vancouver 2010 resale site. A decision is expected in the next few weeks and VANOC would only pocket an administrative fee no matter how much the tickets resell for. THE CANADIAN PRESS

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

LAWSUIT Two anti-Olympic activists are suing the City of Vancouver over a bylaw that will limit protesters to specific areas during the 2010 Winter Games. The pair say they plan to criticize the Olympics while the Games are on, with leaflets and posters and by selling T-shirts and other apparel.

WALK/RUN Canadian Olympic wrestling-champion Daniel Igali is hosting his First Walk/Run for the Kids Oct.17 at Bear Creek Park in Surrey. Gold-medal wrestler Carol Huynh will also take part.

COLLISION Three people were taken to hospital yesterday following a five-car collision in Langley. The accident occurred at a red light at 200 Street and 72nd Avenue.

CRIME Two men were arrested while allegedly trying to steal boating equipment from the Vancouver Rowing Club in Stanley Park on Tuesday.

METRO NEWS SERVICES

New Online

Family matters

Everyone hates lawyers — until they need one for a divorce, says our new family law columnist Brahm Siegel. He makes his case for taking legal advice at **metronews.ca/familymatters**

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Street View comes north

Google service could have big impact on businesses: Analyst

KRISTEN THOMPSON
kristen.thompson@metronews.ca

If you're curious to see what your childhood home or elementary school looks like now, the answer is just a mouse click away.

Yesterday, Google launched its Street View service in Canada, giving users high-resolution, 360-degree street-level images of 11 Canadian cities, including Vancouver, Squamish and Whistler.

The service has been available in the United States since 2007.

Chris Breikss, Google analyst and president and co-founder of 6S Marketing, a Vancouver-based Internet marketing company, said the service could have a "significant impact on businesses."

"Businesses are now able to advertise in a new way and tie their advertising to location-based maps," he said.

A screenshot of the Vancouver Art Gallery taken from Google Street View.

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"Real-estate agents will be able to show off listings more effectively. It will also have a big impact on street-level businesses … and hotels."

Breikss said potential clients can research nearby restaurants, shops, parking opportunities, transit stops and parks, and get a sense of how walkable the neighbourhood is.

The images were captured earlier this year using cars outfitted with special cameras that drove the streets taking panoramic photos.

Privacy concerns arose when the cars started making appearances around town, but Breikss said that Vancouverites needn't worry.

"It's not like they have live cameras throughout the city," he said, adding that all the photos are archived.

Faces and licence plates have been blurred, and it's nearly impossible to see inside windows.

Rotten luck

- Toronto got the short end of the stick when it came to Google Street View because the city was immersed in a garbage strike when its photos were taken.

Surrey to be site of new prison

FACILITY Solicitor General Kash Heed says Surrey will be the home of Metro Vancouver's new jail.

The pre-trial remand facility was originally slated for Burnaby but a public outcry last spring forced the government to seek other locations.

Following a consultation process where Metro Vancouver municipalities were asked to volunteer potential sites, Surrey was chosen.

Heed said Surrey is the best location for the 180-cell, 360-person facility, which will be connected by a tunnel to the local RCMP detachment and courthouse. It's scheduled to open by 2013.

"We had three mayors come forward and offer up sites in their municipalities," he said. "Surrey came out ahead of the others."

Heed said increasing jail capacity is part of the government's gang- and organized crime-fighting strategy. THE CANADIAN PRESS

Woman scammed after posting online rental ad

CRAIGSLIST A Surrey woman was scammed out of $8,900 while trying to rent out a home during the 2010 Olympics through Craigslist.

A person claiming to be a doctor from England responded to her ad saying he and his family were interested in renting out the home for an entire year for $30,000.

However, the victim received a $39,000 cheque and was asked to return $8,900 of it.

The woman, who police did not name, waited seven days for the cheque to clear and twice checked with her bank to ensure the cheque was legitimate before sending the money to the "doctor."

Soon after, despite all the due diligence, the woman's bank informed her the cheque was a fraud and withdrew the original amount, leaving her short almost $9,000.

Mounties say this is the third such crime in Canada and are warning people to accept monies that are wired in cash only — never through a cheque or money order, as they can be forged or reported stolen.

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WHAT'S ONLINE TODAY

Video Ontario government "should have known" about scandal at eHealth, McGuinty says, at **metronews.ca/canada**

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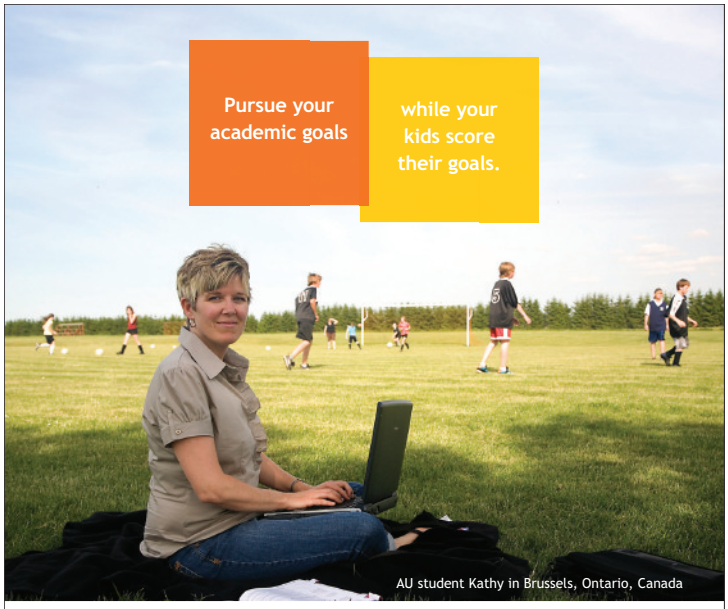

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Marine exhibit set for launch
The Vancouver Aquarium is launching Canada's Arctic tomorrow. Visitors can learn about life along the world's largest shoreline. METRO NEWS SERVICES

Officer right: Lawyer

Braidwood Inquiry told Mountie's actions justified

The RCMP officer who fired his Taser five times within seconds of confronting Robert Dziekanski at Vancouver's airport did everything right, his lawyer said yesterday at the inquiry into the man's death.

In his final submission, Ravi Hira said Const. Kwesi Millington was justified both when he used the Taser after Dziekanski picked up a stapler, and when he pulled the trigger four more times as the Polish immigrant screamed and writhed on the airport floor. "Const. Millington perceived the male intended to attack, and perceived his behaviour as combative ... a reasonable perception," said Hira. "Const. Millington acted in accordance with his training."

The four officers involved in the incident have been accused of acting too quickly and using too much force in the early morning of Oct. 14, 2007.

They have also been accused of covering up what happened by lying to investigators and at the hearings. All of those allegations have the potential to make it into Commissioner Thomas Braidwood's final report if he concludes the officers acted improperly and makes findings of misconduct. He has warned the Mounties that he's leaving that option open. THE CANADIAN PRESS

News in brief

CEREMONY B.C. Premier Gordon Campbell and Washington State Gov. Christine Gregoire will exchange ceremonial train tickets in Seattle tomorrow at the launch of the long-awaited Amtrak Cascades train that connects Portland and Seattle to Vancouver.

ROBBERY A 36-year-old woman had her Louis Vuitton purse, iphone, cash and identification stolen by a man whose picture matches the description of the thief who pushed a 70-year-old woman to the ground and stole her purse on Sept. 18.

COURTS The trial of Allan Dwayne Schoenborn, accused of killing his three children in Merritt in April 2008, starts today in Kamloops.

LOST BID The widow of a pilot killed in a 2005 plane crash in Terrace has lost a bid to sue the aircraft's Japanese maker.

SHOOTING Police are asking the public to help identify a black Honda or Acura that was seen on the street outside a halfway house near Cambie and 19th streets following a shooting.

2010 OLYMPICS Organizers of Vancouver's Olympics presented their final progress report to the International Olympic Committee yesterday.

ARRESTED A 19-year-old New Westminster resident was arrested after a person was shot in the hand at the 22nd Street SkyTrain Station Sunday.

DRIVING A Maple Ridge man was arrested after being pulled over for a driving infraction and giving police a fake name. The fake name turned out to be more trouble as that person was banned from having a cellphone, which resulted in the arrest of the driver.

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No more online insurance sales: Flaherty
Finance Minister Jim Flaherty says he has written Canada's banks and asked them to stop selling insurance online. He promised changes to bank laws to make it illegal. THE CANADIAN PRESS 5

Canada

Scientists decode breast cancer DNA

Canadian study offers hope for medical mystery

In a world first, Canadian scientists have decoded all three billion letters of DNA in a breast cancer tumour and identified the mutations that caused the cancer to spread.

The landmark study by researchers at the B.C. Cancer Agency is a major step towards unravelling the mysteries of how cancer begins and what makes it move to other parts of the body.

"I never thought I would see it in my lifetime," co-principal investigator Dr. Samuel Aparicio, head of the agency's breast cancer research program, said of the ability to decode the breast tumour's DNA.

Aparicio said the DNA-mapping should help researchers develop new breast cancer treatments based on the genetic make-up of both primary and metastatic tumours.

The B.C. team sequenced the genome of a patient's original breast tumour and one that arose in her pleural cavity (between the lungs and chest wall) nine years later. When the researchers looked at DNA in cells from the tumours, they were able to tease out 32 mutations among the three billion-letter alphabet of the genome. Only five of the mutations were present in the original tumour. "And there were 19 of the mutations that we just didn't see (in the original tumour)," said Aparicio. "So what that told us was the tumour had evolved considerably from the primary to the eventual metastasis nine years later." THE CANADIAN PRESS

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Montreal **Workers unite**

RYAN REMIORZ/THE CANADIAN PRESS

Montreal blue-collar workers are joined by public workers from across the country during a demonstration yesterday in Old Montreal. The workers were joined by union members across the country in support of better municipal services.

News in brief

LOBBY Middle Eastern garments designed to cover a woman's face are "misogynist" symbols of extremism with no basis in Islam, a Canadian Muslim lobby group said as it urged Ottawa to ban the burka and the niqab.

AUDIT A new audit of Cancer Care Ontario shows the agency suffered from many of the same problems that plagued troubled eHealth Ontario. Newly released documents show that Cancer Care spent nearly $75 million on consultants over the last two years.

THE CANADIAN PRESS

B.C. crime spills into Alberta

VIOLENCE Edmonton police believe a small but aggressive Surrey, B.C.-based gang is behind a rash of violent jewelry store robberies, and fear the city may not have seen the last of Lower Mainland gangsters.

The South Slope gang is "extending their crime spree to Alberta," Robbery section Det. Ron Gamble said yesterday.

Two men walked into a local jewelry shop and hit a female clerk on the head with a handgun on the afternoon of Sept. 7.

They dragged and tied her up at the back of the store and emptied several display cases before fleeing out the back door and into awaiting vehicles, police said.

There have been five such robberies in Edmonton since January, and more in Calgary and parts of rural Alberta.

"They all show similarities," Gamble said of the gangsters.

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Asteroid a threat to Earth?

NASA says the chances of a 270-metre-long asteroid striking Earth in 2036 have been downgraded. Scientists initially believed there was a one-in-45,000 chance that Apophis could hit the planet on April 13, 2036. But NASA said yesterday the threat has been dropped to one-in-250,000 after it recalculated the asteriod's path. THE ASSOCIATED PRESS

World

Astronaut love triangle takes turn

Attorneys for a former astronaut will get another chance to question a romantic rival she allegedly drove 1,600 kilometres to confront. Lisa Nowak, left, is accused of attacking Colleen Shipman in a Florida airport parking lot two years ago. Shipman had begun dating Nowak's love interest, former space shuttle pilot Bill Oefelein. An Orlando judge ruled yesterday that Nowak's attorneys could depose Shipman for a second time to determine if she was actually touched by pepper spray during the confrontation. THE ASSOCIATED PRESS

Kiss and tell earns 5 years, 1,000 lashes

SENTENCE A Saudi court yesterday convicted a man for publicly talking about sex after he bragged on a TV talk show about his exploits, sentencing him to five years in jail and 1,000 lashes, his lawyer said. Talking about sex publicly is a taboo in ultraconservative Saudi Arabia. The program, which aired July 15 in Saudi Arabia, scandalized the country where such frank talk is rarely heard in public. Some 200 people filed legal complaints against Mazen Abdul-Jawad. The program, Bold Red Line, began with Abdul-Jawad describing the first time he had sex at 14. He then led viewers into his bedroom, dominated by red accessories, and then showed off blurred sex toys. He was later joined by three male friends for a discussion on what turns them on. THE ASSOCIATED PRESS

Palin's popularity haunting Republicans

She's poised to become a best-selling author in the U.S., has a devoted base of conservative supporters and is considered a front-runner to lead the Republicans into the next election in 2012 — and yet key party strategists are tormented by the popularity of Sarah Palin.

"Were she to be the nominee, we could have a catastrophic election," Steve Schmidt, John McCain's presidential campaign manager last year, said recently.

He was backed by Mike Murphy, a Republican media consultant who also made a point of chastising Schmidt for his role in Palin's rise to prominence to begin with. "Steve Schmidt correct about Sarah Palin and '12," Murphy said by way of his Twitter feed. "Shame he didn't feel same way a year ago when he was lobbying McCain to choose her as VP."

Yet from her unlikely pulpit — Facebook — Palin is getting her message out on everything from U.S. health-care reform to energy while assailing President Barack Obama for his position on Afghanistan. Many of her 900,000-plus friends on the social networking site are cheering her every word. THE CANADIAN PRESS

Canadian selling Palin-signed Xbox

- Palin's star quality is undisputed — a Canadian is so confident of her popularity that he's selling an Xbox 360 autographed by her for $1.1 million US on eBay. Albertan David Morrill's listing features photos of Palin signing the gaming console in July, two days before her surprise announcement that she was stepping down as Alaska's governor.

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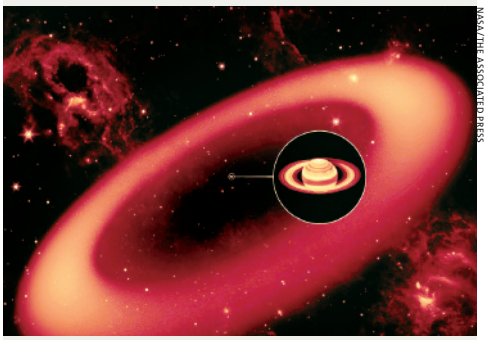
Saturn **Another, bigger ring**



NASA/THE ASSOCIATED PRESS

This rendering from NASA shows the biggest but never-before-seen ring around Saturn, spotted by NASA's Spitzer Space Telescope. The inset shows an enlarged image of Saturn. The bulk of the ring starts about six million kilometres away from the planet and extends outward another 12 million kilometres.

News in brief

ITALY Prime Minister Silvio Berlusconi says he will not resign even though a top Italian court has overturned an immunity law shielding him from a corruption trial. The ruling paves the way for proceedings to resume. THE ASSOCIATED PRESS

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School cellphone ban sought in France
France's Senate wants to forbid children in primary and middle schools from using cellphones. THE ASSOCIATED PRESS

Scuba murder trial opens in Caribbean

Rhode Island man accused of killing wife

A prosecutor opened the trial of a Rhode Island man yesterday by accusing him of killing his wife while scuba diving in the British Virgin Islands to pursue a romance with another woman.

The director of public prosecutions in this British territory, Terrence Williams, said that David Swain knew a divorce would ruin him financially and he believed money from his wife's life insurance policy would help him win over his love interest.

"That dive was for this new woman," Williams told the nine-person jury.

The 1999 drowning of Shelley Tyre, 46, was initially ruled an accident. But authorities in the British Virgin Islands later charged Swain with murder after a 2006 Rhode Island civil trial found him responsible. Federal U.S. agents arrested Swain at his Rhode Island dive shop in November 2007 and he was extradited to Tortola.

Swain maintains his innocence and his defence lawyer has said they will show the drowning was a "tragic accident." THE ASSOCIATED PRESS

Civil suit

- In the civil suit, Shelly Tyre's parents accused her husband David Swain of killing their daughter because he was romancing another woman and because the couple's prenuptial agreement denied him money if they divorced.

Credit card scam made $10K a day

FRAUD A crime ring raked in about $10,000 a day by manufacturing credit cards with numbers purchased illegally from overseas websites, committing mortgage fraud and staging car accidents and auto thefts to collect insurance payouts, U.S. prosecutors said yesterday.

Thirteen people were indicted on 261 counts including enterprise corruption, identity theft, credit card fraud and conspiracy to commit automobile insurance fraud, prosecutors said. THE ASSOCIATED PRESS

News in brief

JAPAN Powerful Typhoon Melor slammed into Japan on Thursday, damaging buildings and roads, halting train service and cancelling hundreds of flights as it swept across the country. One man died and dozens were reported injured. THE ASSOCIATED PRESS

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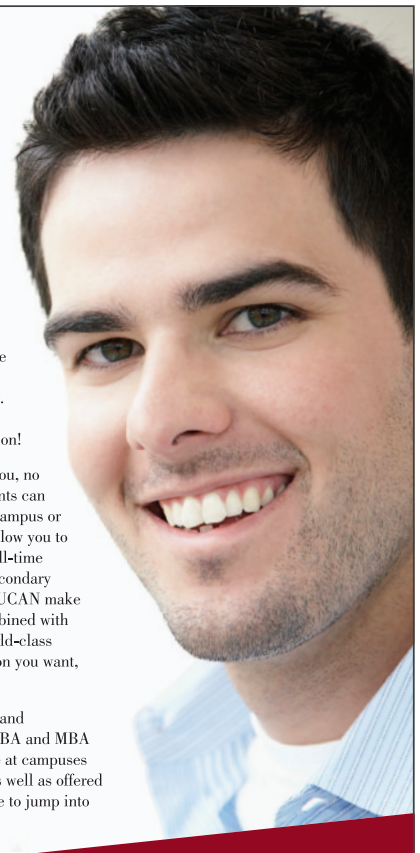

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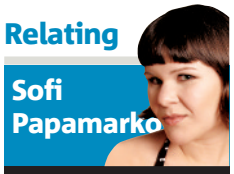
Comment

Give thanks for getting dumped



You've only just begun university, but you're already a superstar. You've gotten the hang of classes, joined intramural basketball and made new friends. Your roommate is awesome. Your long-distance relationship is going well. University life is just a big fluffy cakewalk with vanilla frosting and a million cherries on top.

Until you head home for Thanksgiving. "Listen," he says. "We need to talk."

It's called the Turkey Dump. Like the delicious fowl for which it is named, the Turkey Dump is a clumsy and vicious beast. And you are now among its casualties. Once upon a time, high school sweethearts married as a matter of course. This has since become something of an anomaly; only the strongest of high school relationships can withstand post-secondary education. Let's face it: Colleges and universities are essentially alcohol-fuelled sex buffets. Lectures and assignments fit in there someplace, sure, but for the most part, you've got a small geographical area crammed with thousands of open-minded young people who have recently acquired a taste for freedom. And tequila.

Not to suggest that campus life is a modern-day version of Sodom and Gomorrah. Post-secondary students are generally intelligent and responsible — that's how they got there in the first place.

It's just that they're surrounded by a lot of eye candy. A lot of beer. A lot of flirting. And if they are in a relationship, a lot of temptation. (Nobody brings a sandwich to a buffet.)

"Attending university is a developmental transition," says Dita Everett, clinical psychologist at the University of Toronto. "It is a period of greater autonomy both academically and socially, and such autonomy invites an exploration of identity.

Many have argued that we only come to know ourselves through our relationships with others, and this is a time for experimenting in that arena."

Everett encourages students who are having difficulty dealing with the end of a relationship to make full use of the resources available to them.

"(It's) important to normalize and to anticipate the kind of emotions that students often feel in the aftermath of a break-up," Everett says.

"Supporting and exploring such feelings through counselling is an entirely appropriate use of a university counselling service."

Maybe the dreaded Turkey Dump is a blessing in disguise.

It gives the freshly single student the opportunity to focus on their studies, get to know new people and learn about themselves.

And that's what higher education is all about.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Finding role models off the beaten path

Growing up feminist comes with its own unexpected challenges.

My parents raised me in a bedroom wallpapered with "Girls Can Do Anything" posters, never daydreaming aloud about my wedding or future grandkids. Being smart always trumped being pretty, but as my 20s roll to an end and I watch yet another one of my friends get married, I have to admit I'm freaking out about my future. Some days it feels like I'm idling in front of 800 on-ramps, all headed in different directions.

Without the guaranteed personal landmarks of past generations it's easy to feel lost and overwhelmed by choices. While I wouldn't trade my personal freedoms, I'd kill for a better sense of direction.

A few weeks ago, the media was buzzing about a University of Pennsylvania study called The Paradox of Declining Female Happiness, which suggested that over the past 35 years, as women's opportunities have increased, their happiness level has decreased. If this study is accurate, it's likely because women are still expected to be the primary caregiver at home, while holding their own in the boardroom.

But what about those of us who don't do it all? What's our excuse?

I think part of it is a lack of female mentorship. I had to laugh this weekend when I read Caitlin Moran's column, where she admitted she found more inspiration in bad-ass Courtney Love than she did in any of history's great women. (Moran writes, "I needed a hero who'd repeatedly done incredibly embarrassing things, yet had signally failed to die of mortification.")

Though I wouldn't recommend Love as a role model, I do like the idea of connecting with women so far off the beaten path that they seem to have forgotten there ever was a path.

So I'm giving myself some homework: Find women who are blazing their own trails and let their successes, failures and adventures fuel my own.

I'll let you know how it goes.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless (www.shamelessmag.com).

MICHAEL DE ADDER

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Electric car more than pipe dream with Nissan launch
Nissan's new electric car will be launched in Canada in 2011, beginning with British Columbia, the company announced Tuesday. The Leaf will be powered solely by electricity, but will have the performance of a V6 family car without the greenhouse gas emissions, according to the Japanese automaker. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bankers owe world apology, says HSBC chief

The chairman of banking group HSBC says bankers owe the world an apology.

Stephen K. Green, speaking in an interview with BBC television broadcast yesterday, said the world cannot do without banks, but that bankers need to learn the lessons of the financial crisis that has rocked the world's economy.

And the most important task for their directors, he said, is to promote a culture of ethics and integrity.

"I think the change in the public perception of the industry is entirely understandable. The banking industry has not covered itself in glory to say the least, and indeed the industry collectively owes the real world an apology for what has happened, and it also owes the real world a commitment to learn the lessons," he said.

Some of those lessons "are about governance and ethics and culture within the industry," said Green.

"You can't do all this simply by setting rules and regulations, you have to expect the leadership in the industry to nurture a real culture of ethics and integrity and that's actually a continuing priority, perhaps the greatest priority of all as far as I am concerned for the boards of banks," he added.

In an earlier role as head of HSBC's investment banking and markets operations, Green cancelled all bonuses in 2001 and 2002 during a stock market slump. A business that had not performed well for shareholders could not justify bonuses, he said at the time. Some bankers and analysts left the company in protest, but Green was rewarded in 2003 with promotion to chief executive. THE CANADIAN PRESS

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Business in brief

CANWEST Global TV may be in the midst of drastic restructuring to cope with debt and a punishing economy, but viewers won't see signs of those woes in the company's TV programming, content chief Barb Williams insisted yesterday. Global is among the assets seeking creditor protection as its parent, Canwest, struggles with a $4-billion hole.

NORTEL Ciena Corp. is offering cash and stock worth $521 million US to acquire some of the most prized businesses units, intellectual property and employees of fallen Canadian technology giant Nortel Network Corp. THE CANADIAN PRESS

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Jane started having stomach troubles a few years back and was eventually treated with antibiotics. After this her real problems began!

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My friend thought I was pregnant

"Whenever I was invited out I would worry for days in advance, about what to wear. I did not want anyone to notice my bloated stomach. The problem got worse when a friend asked if I was pregnant."

Always craving sweets

"I noticed that sweets, cakes and bread made the problem worse. They made me feel tired, moody and still craving sweets. My friend told me that I probably have an imbalance in my intestinal flora and recommended a product called dida™, which could help against bloating. So I gave dida™ a try.

Initially, I still had some bloating, but after about 3 weeks it was gone! No more flatulence and no more bloating! What a joy to be back to normal and not have to worry about hiding my inflated stomach. I also feel better and more energetic – as if an inner strength is back."

- Jane A., Sweden

Suffering from yeast overgrowth?

Candida Albicans is a fungus that lives in our intestines and genitals. Normally it lives in harmony with our bodies but for some people, their diet or medications create an intestinal imbalance and this fungus overgrows. This creates a plethora of symptoms, such as stomach pains, bloating, genital itching, mood swings and sugar cravings.

There are a variety of causes of overgrowth, such as a diet high in sugar, yeast and refined foods, as well as the use of antibiotics. And most people never know why they are suffering from these symptoms, until they get a yeast infection. Treatments are often short lived and do not prevent the problems from reoccurring.

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Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

DARRYL DYCK/THE CANADIAN PRESS

Vancouver Canucks forward Henrik Sedin, right, scores against Montreal Canadiens goalie Carey Price last night at GM Place. The Canucks won 7-1.

Canucks crush Habs

NHL RESULTS

Canadiens 1 Canucks 7

Henrik Sedin scored two goals yesterday as the Vancouver Canucks routed the Montreal Canadiens 7-1 to end a season-opening three-game losing streak.

Sedin gave the Canucks a 4-1 lead on a second-period power play and fired his third goal in two games just 3:37 later.

Canucks netminder Roberto Luongo played his strongest game so far, stopping 27 shots as the defending Northwest Division champions ended their worst start to a season in eight years.

The Canadiens were the perfect opponent, losing their eighth straight game in Vancouver, a string dating back to Nov. 30, 2000.

Ryan Kesler, Mason Raymond and Steve Bernier staked the Canucks to a 3-0 lead after 20 minutes when Vancouver outshot Montreal 14-4.

Mikael Samuelsson scored a third-period power-play goal as Vancouver went 3-for-5 with the man advantage.

Alex Burrows completed the Canucks attack, chasing starting goalie Carey Price who was replaced by Jaroslav Halak with eight minutes remaining.

Andrei Kostitsyn countered on the man advantage for the Canadiens (2-2), who have dropped two straight after opening the season with a pair of overtime wins.

THE CANADIAN PRESS

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Whitecaps' Haber, Knight up for top rookie award

USL Vancouver Whitecaps forward Marcus Haber and defender-midfielder Wesley Knight have been announced as finalists for the United Soccer Leagues First Division rookie of the year award.

Haber was one of only seven USL players to appear in all 30 matches this season, playing 2,048 minutes. He scored eight goals, tied for seventh in the league.

He also scored two goals in the Whitecaps' semifinal series with the Portland Timbers, including the winning goal in the first leg, to help Vancouver advance to the USL First Division final against the Montreal Impact.

Knight played a key role in the back as the Whitecaps went through several defensive changes throughout the season.

He played in 29 games and contributed eight assists, which earned him a share of the USL First Division Assist Leader award.

Sullivan Silva of the expansion Austin Aztex is the other finalist. The winner will be announced tomorrow in Vancouver at a press conference to kick off the league's final series.

THE CANADIAN PRESS

Sports in brief

NFL Cleveland Browns coach Eric Mangini has dumped dissatisfied wide receiver Braylon Edwards off on his former team. Mangini sent Edwards, a former first-round pick whose troubles have matched his immense talent, to the New York Jets yesterday for wide receiver Chansi Stuckey, linebacker Jason Trusnik and undisclosed draft choices.

NFL Seattle Seahawks nine-time Pro Bowl tackle Walter Jones will not return until at least November, if at all this season. Coach Jim Mora said Wednesday the team has decided Jones will back off trying to return from two knee surgeries. Jones, 35, has been the anchor to Seattle's offensive line for the last decade. THE ASSOCIATED PRESS

Grant returns to Portsmouth
Avram Grant has returned to Portsmouth as director of football. The former Chelsea manager had a spell with the club alongside Harry Redknapp before moving on to Stamford Bridge in 2007. Portsmouth is last in the Premier League after losing its first seven games. THE ASSOCIATED PRESS

Presidents Cup **Two greats**

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

United States captain's assistant Michael Jordan, rear, watches as Tiger Woods putts during a practice round at the Presidents Cup yesterday in San Francisco. Play begins today with the U.S. taking on an international team of non-Europeans.

Lee strong in playoff debut

MLB PLAYOFFS

Colorado 1 Philadelphia 5

COLORADO ROCKIES AT PHILLIES

Cliff Lee pitched like an ace instead of a post-season rookie.

Lee dominated the Colorado Rockies, tossing a six-hitter, and the Philadelphia Phillies began their World Series title defence with a 5-1 victory in their playoff opener yesterday.

Raul Ibanez had two hits and two RBIs, and Ryan Howard and Jayson Werth drove in runs with key extra-base hits off 15-game winner Ubaldo Jimenez.

Lee, the reigning AL Cy Young Award winner, struck out five and had no walks in his first career playoff start. He retired 16 straight batters at one point until Garrett Atkins hit a wind-blown double in the seventh. Lee lost his shutout when Troy Tulowitzki doubled in a run with two outs in the ninth.

Game 2 of the best-of-five series goes today with Cole Hamels, last year's World Series MVP, on the mound for the Phillies against Colorado's Aaron Cook.

Yankees 7 Twins 2 — Derek Jeter and CC Sabathia got the New York Yankees off to a winning post-season start in their new ballpark as they romped over the Twins 7-2 last night in the opener of their AL playoff series. THE ASSOCIATED PRESS

For results of yesterday's late game between the Cardinals and Dodgers, visit: **metronews.ca/sports**

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Make mini pies with the Fall Forest Pie Cutters, left, from Williams-Sonoma. Available for $24 for a set of four pie cutters. For store locations and more information, please visit williams-sonoma.ca. METRO NEWS SERVICES

Fall Fun

Trick or Tater

Mr. Potato Head Trick or Tater, left, comes with glow-in-the-dark eyes, a ghost costume, shoes, two vampire ears, two arms, a set of fangs, nose, pumpkin basket and hat. The suggested retail price is for the Trick or Tater is $9.99. Available at Westfair Foods.

METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Party tips

Halloween falls on a Saturday this year, so why not throw a pumpkin-carving party? Below are some tips from the experts at Hallmark:

- Make some seasonal treats, like mulled apple cider, caramel apples and toasted seasoned pumpkin seeds for snacking.
- Set the mood with some spooky music, such as Michael Jackson's Thriller.
- Provide plenty of pumpkins. There should be one per person.
- Make sure there are plenty of tools for carving, as well as candles for lighting up the jack-o-lanterns.
- Carving tip: Cut an opening in the top of the pumpkin big enough to reach in and clean it out. Use an ice cream scooper to clean out the insides.
- Put bowls on the table for pumpkin seeds, which you may want to save for toasting later on.
- To prepare for the mess of carving, cut large black garbage bags, separating the two sides. Line your table with the plastic, and secure it in place with masking tape.
- Provide templates for carving, water-based markers and sponges for wiping off mistakes. For kids, supply coloured markers, feathers, sequins, glitter and glue.

METRO NEWS SERVICES

The fall harvest season offers a plethora of treats and activities, such as apple and pumpkin picking .

It's harvest time

LEYLA EMORY
for Metro Canada

Summer may be over, but the fun doesn't have to be. The fall harvest season offers a plethora of treats and activities.

Apple picking tops the list. All across Canada apples are just waiting to be picked. From Davison Orchards County Village in British Columbia to Ocenas Orchards in Quebec, apple farms are offering hay rides, baked goods, and, of course, apples. Just come equipped.

"One thing people forget is that a farm is a farm," says Shirley Rosenbersky, communications officer at Chudleigh's apple farm. "Wear comfortable shoes. And if the weatherman says it's going to rain, come prepared for rain. It's fall; it can be warm, cold and then warm."

To get the most out of your apples, go with cold. "When we pick our apples from the orchard, they go right into our cooler — which is just above freezing," says Rosenbersky. "Apples are warm on the trees but they like to be put into cold. They can last six weeks in your refrigerator and still be great."

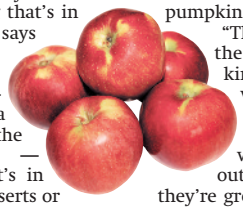
While you're out in the wilds, why not pick up a pumpkin? Pumpkinpatchesandmore.org/Canada.htm lists pumpkin picking farms by province as well as providing tips and recipes for your gourd.

When it comes to pumpkin farms, same rules apply.

"This year I would definitely say bring an umbrella. It just hasn't stopped raining," says Kevin Ward, owner of Fernwood Farms. "That's my advice other than the usual fall stuff. If you phone ahead to where you're going, they'll let you know how bad or how good the facilities are, depending on the area."

Back in the comfort of your own home, make the most out of your fall treats with seasonally inspired cooking classes or recipes. Relishculinary.ca offers themed classes such as Smashing Pumpkins.

"I basically focus on everything that's in season," says founder Lauren Levy. "Apples are a huge on the menu — whether it's in salads, desserts or soups."



Her favourite dish at the moment is a butternut squash and apple soup. "I add a bit of apple cider, which makes it a little sweet, then you can add nutmeg and cinnamon and top it with a bit of crispy pancetta and low-fat sour cream."

And don't count out the pumpkin.

"Think about using the whole pumpkin," says Levy, whose classes focus on practicality. "You don't want to throw out pumpkin seeds, they're great to use. Make warm pumpkin salad with arugula and candied pumpkin seeds. You can even make pumpkin seed brittle."

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Plenty to do this fall

Head to Aldor Acres Pumpkin Patch this fall to pick that perfect pumpkin, or indulge the senses at the West Coast Chocolate Festival.

GATEWAY THEATRE COMPANY Check out The Foursome, a warm, funny comedy about four best friends who come together on a golf course, trading jabs and banter, for a 15-year reunion. On now until Oct. 24 at Gateway Theatre (6500 Gilbert Rd.) in Richmond. Go to gatewaytheatre.com for more.

MYSTERY DINNER CRUISE Enjoy a buffet dinner and a live-action murder mystery during a three-hour tour around the scenic waterways of Vancouver. Departures from Granville Island at 6 p.m. Oct. 9 and 23, 7 p.m. on Oct. 31. $77 per person. Call 604-737-1750 for more.

STANLEY PARK GHOST TRAIN Get in the Halloween spirit with zombies, voodoo gods, three-headed dogs and more by climbing aboard the Stanley Park Ghost Train. Oct. 9-Nov. 1, 6-10 p.m. Call 604-257-8531 for more.

VANCOUVER PLAYHOUSE Catch a play at the Playhouse Theatre Company, now in its 47th season. Fall plays include The Miracle Worker (Oct. 10-30) and Dirty Rotten Scoundrels (Nov. 21-Dec. 27). Go to vancouverplayhouse.com for more.

WEST COAST CHOCOLATE FESTIVAL Indulge the senses at this annual festival, with events happening throughout Metro Vancouver. Oct. 15-Nov. 10. Go to chocolatefestival.ca or call 604-939-8068 for more.

TASTE OF YALETOWN Sample special three-course tasting menus for set prices of $25, $35 and $45 during the fifth annual Taste of Yaletown event. Partial proceeds go to the Greater Vancouver Food Bank. Oct. 15-31. For participating restaurants, go to tasteofyaletown.ca.

ALDOR ACRES PUMPKIN PATCH See farm animal displays, take a hay ride and pick that perfect pumpkin at Aldor Acres (24990 84th Ave.) in Langley. Admission is $6 per person and pumpkins are sold according to size. Call 604-888-0788 for reservations and more.

DUNBAR HAUNTED HOUSE One of the city's most elaborate haunted houses, now in its fifth year. Admission is by donation and proceeds go to various charities throughout Metro Vancouver. 6478 Dunbar St. Oct. 15-31, Sunday-Thursday 1-9 p.m., Friday-Saturday 1 p.m.-midnight. Go to dunbarhauntedhouse.com for more.

POTTER'S HOUSE OF HORRORS Visit this Surrey haunted house (12530 72nd Ave.) and see why it's been called one of the best in Metro Vancouver. Oct. 16-31, 6 p.m.-10 p.m. nightly. Call 604-572-7706 or email potters72@telus.net for more.

VANCOUVER INTERNATIONAL WRITERS & READERS FESTIVAL Interact with authors ranging from undiscovered to internationally renowned, including Margaret Atwood and David Sedaris. Oct. 18-25 at various locations. Go to writersfest.bc.ca or call 604-681-6330 for more.

DOWNTOWN EASTSIDE HEART OF THE CITY FESTIVAL More than 80 events — including plays, musical showcases, workshops and gallery exhibits — at more than 30 venues throughout the Downtown Eastside. Oct. 28-Nov. 8. Go to heartofthecityfestival.com for more.

THE PUMPKIN PATCH AT THE RICHMOND COUNTRY FARMS Enjoy a corn maze, sing-along hayrides, a live band and a petting zoo. Oct. 10-31 at Richmond Country Farms (12900 Steveston Hwy.). Weekdays $7, weekends $10; Oct. 24-25, $11. Admission includes one kids'-sized pumpkin and a bag. Kids under two are free. Go to countrypumpkinpatch.ca for more.

HAUNTED FOREST SCREAM TRAIN Take a train ride into a dark forest loaded with nighttime creatures. Adults $7.50, kids 12 and under $5. Oct. 16-31, 6:30-10 p.m. nightly at 13750 88th Ave. in Surrey. Go to bctrains.com/spooky-details.htm for more.

RAVISHING BEASTS The Museum of Vancouver hosts a Halloween-inspired taxidermy event with guided tours and a screening of Alfred Hitchcock's Psycho. Oct. 30, 7 p.m. at the MOV (1100 Chestnut St. (Vanier Park). Go to museumofvancouver.ca for more.

HOWL-O-WEEN POOCH PARTY Dress up your pooch and bring the little one to Barking Babies (1188 Homer St.) for refreshments and treats. Best costume wins a $200 prize pack. Oct. 31, 6-9 p.m. Go to barkingbabies.com for more.

COSTUME BALL Nine DJs, $3,000 in cash costume prizes and a hell-raising sound and lighting system. Oct. 31, 9 p.m.-2 a.m. at the PNE Agrodome (2901 East Hastings St.) Go to clubzone.com/costumeball for tickets and info.

EASTSIDE CULTURE CRAWL 2009 Check out the works of Vancouver's eastside artists at their studios during this three-day festival. Nov. 20 (5-10 p.m.) and Nov. 22-22 (11 a.m.-6 p.m.). Go to eastsideculturecrawl.com for more.

AN EVENING OF FOOD, WINE, AND FASHION DESIGN Enjoy food, music and a silent auction while learning about sustainable food and lifestyle choices at this event benefiting the David Suzuki Foundation. Hosted by the Terminal City Club, Nov. 19. Tickets are $75 and reservations can be made at 604-488-8643.

YALETOWN HALLOWEEN PARADE Bring your children to the Yaletown Halloween Parade, now in its 10th year. Yaletown businesses will also open their doors to trick-or-treaters from 3:30-5:30 p.m, Oct. 31. Parade begins at 4:30 p.m. at the Roundhouse.

ANDREA WOO/
FOR METRO VANCOUVER

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Create and celebrate

Matthew Mead's Monster Book of Halloween features hundreds of treats and crafts for Halloween, including patterns and recipes for green gruel with eyeballs and witch pizza. Available at amazon.ca for $17.48. METRO NEWS SERVICES

RAFAEL BRUSILOW/FOR METRO CANADA

Makeup artist Jessica Felder creates a flesh-stripped vampire look.

Create a scary look

If you're confused by carnage and stumped about severed limbs, professional makeup artist Jessica Felder offers some tips for creating your perfect, Halloween-ready look.

- **Make great-looking blood** by combining corn syrup, red food colouring, red gel, soy sauce and peanut butter.
- **Make your own cringe-inducing, realistic-looking wounds** by using some liquid latex mixed with a bit of paper towel and sculpt it into whatever shape you desire. You can find liquid latex at any costume or party store.
- **Shading and depth can make a big difference.** Rather than just splattering makeup on, try to add depth with deeper and lighter shades in select places for greater realism.

RAFAEL BRUSILOW/ FOR METRO CANADA

Dreadfully good decor

Silver skeleton napkin holder, $9.99 at HomeSense, homesense.ca.

Skull appetizer plates, $10.50 each, at Pottery Barn. Go to potterybarn.ca for store locations.

Spooky Greetings Treat Chest, $9.99 with each purchase of three cards at Hallmark, or $17.95 when sold separately, hallmark.ca.

Pumpkin soap, $5.95 at Lush, lush.ca or 1-888-733-5874.

Cobweb candle holder, $9.99, at HomeSense, home sense.ca.

PC Berry 20" Wreath, $12.99, pc.ca.

Beaded skull cushions, $19.99 each at HomeSense, homesense.ca.

Skull print ceramic bowls and skull print mugs, $4.99 each, at HomeSense, home sense.ca.

Chenille spider web, $9.99 at Hallmark, hallmark.ca.

Skull Cocktail Collection martini shaker, $28 at Pottery Barn. Go to potterybarn.ca for store locations and more information.

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Metro Homes

Lost Garden

Create your own indoor oasis with the colourful flowers and vines embroidered onto this Lost Garden pillow. Anthropologie, $88, anthropologie.com.

EMMA YARDLEY/FOR METRO CANADA

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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South Surrey homes built for family life

Suite Talk

A new development of character homes in South Surrey was built with the intention of creating a traditional family neighbourhood.

Summerfield, by Cressey Development Group, is a collection of single-family, energy efficient, three-bedroom homes, where houses are made unique through varying landscaping, fencing, roof lines, colours and materials.

David Evans, Cressey development manager, said the idea was to create a "true sense of neighbourhood."

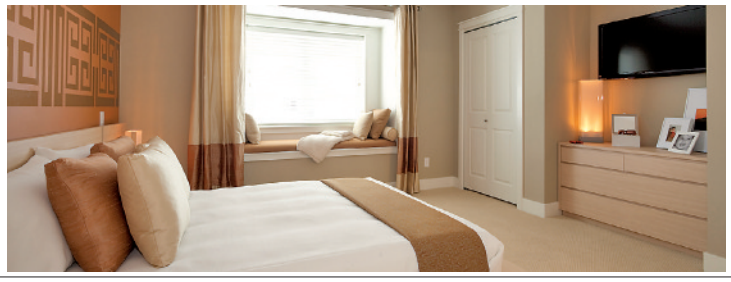
"All of the homes are Built Green certified, which means not only do you get to own a brand new home, but it's far more energy efficient, will produce cost savings and reduce your carbon footprint," Evans said.

Phase 1 is sold out and Phase 2 is more than 50 per cent sold out with homes starting from $525,000. Basements are unfinished, for a total of approximately 2,400-square-feet of living space along with a number of customization options to personalize the houses. Coach homes are also available starting from $615,000.

Summerfield is located just 10 minutes from White Rock at 172nd Avenue and 2nd Avenue in South Surrey.

Find out more

- For more information, visit summerfieldhomes.ca



It's not all about power

TOOLS Using power tools can be more of an art than a science when tackling a new project.

Most of us never look at the settings of our drill or sander. Instead we turn it on and just opt for the most power — assuming that will get the job done quickly. But more power doesn't guarantee the best results, and can actually cost you time to fix mistakes. We all know that a stripped screw or over sanded project can leave us, quite literally, in the (saw)dust.

Size and speed do matter. And so do the clutch and torque settings. The problem is that the standard numbered settings don't explain how best to set the tool for specific projects.

The best bet for the home handyperson who expects more from his/her tools is Black & Decker's new generation of products with Smart Select technology. These specially designed drills, sanders, jigsaws and screwdrivers will help your loved one avoid DIY disasters and finish projects faster and with fewer hassles.

So this holiday season, give the handyperson on your shopping list Smart Select tools that will work harder so they don't have to.

NEWS CANADA

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Style

Barbie's back in Town

After a successful run last spring, the Barbie by Town Shoes collection is back with a new set of styles for fall. This exclusive collection features glamourous peep toe pumps, zebra platform booties and even over the knee boots as well as purses — all inpired by the trendsetting doll. Prices range from $59.95 to $275. To see the entire collection visit townshoes.com. METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Tousled, big and wavy

Bed head, retro curls make a comeback on the major runways

CHRISTOPHE ENA/THE ASSOCIATED PRESS

Retro waves with a defined side part was a big trend seen on the fashion runways this season. Here a model sports the look during Alena Akhmadullina's show at Paris Fashion Week earlier this week.

ANDREA WOO
For Metro Canada

Good news for the fashionably inclined but stylistically challenged: Casual hair is back in style.

At the recent London, Paris and Milan fashion weeks, tousled locks were big on the runways, with many models sporting loose waves and messy buns.

"It's very free hair this season," said Toronto-based celebrity hairstylist Jie Matar, citing Chanel and Prada as fashion houses adopting the look for their models. "Mostly, we used to see sleek and coifed hair, but not this season. This season's all about tousled, big and wavy. Victoria Beckham is not the look anymore."

Cherie Grass, senior stylist and educational director at Vancouver's Toni & Guy salon, says accompanying the retro waves are defined centre or side parts and often a lot of back-combing to create volume at the crown.

"They're looser, more combed out and messy," said Grass of this season's looks. "There's definitely a '60s feel."

As for colour, Matar says streaks and highlights are out, being replaced with all-over colour in warm, rich hues such as caramel, cinnamon, gold and copper.

Tania Becker, co-owner of Vancouver's Moods Hair Salon, has styled hair for the runway shows of the Paris and New York fashion weeks for 14 seasons. She agrees that this fall, the trend for hair colour is warmth.

"Brunettes are leaning towards warm chocolate tones, blonds are trading ash and platinum shades for honey or golden hues," said Becker. She adds that the most influential colour is red: "(Model) Coco Rocha caused a buzz when she showed up on the fall and winter runways with her new, rich, copper hair."

Canadians wanting to incorporate the European trends into their daily look should invest in a good, layered cut, as styling can be fairly minimal.

"The most important thing is to cut it in a very tailoring technique," said Matar. "Add a lot of layers that can give it an illusion it's one length at the back — to the shoulders —and at the same time (do) a lot of teasing on the crown."

LUCA BRUNO/THE ASSOCIATED PRESS

GETTY IMAGES

Messy buns and tousled updos were also predominate hairstyles seen in London, Milan and Paris fashion weeks. Below, left: Chanel's Pret a Porter show in Paris. Left: Fendi's spring/ summer 2010 collection, presented in Milan last month.

Zap Zits

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CLIP ART

Brian Phillips, a Toronto-based hairstylist and owner of WorldSALON, on how to wear hair accessories:

● "The right hair accessory can up your cool quotient instantly," says Phillips, "but if you're going to wear a statement hairdo with bling, pare down your outfit." ● Try out a few different options, depending on what you want to achieve, says Phillips. A tortoiseshell comb or an old-fashioned brooch (sewn to a hair clip) adds sparkle, and simple accessories like an extra-long shoelace or a handful of bobby pins make an edgy statement. ● Limit the glitter to evening. For day, a subtle headband, leather string or barrette looks casual but polished.

Emily Elizabeth Jewelry Kimberley hair comb ($77)

Banana Republic 3-Diamond headbands ($40 each)

Anthropologie Gossamer clip ($18)

To read these stories and more, visit: **ellecanada.com**

THE BUSINESS OF GENIUS

A master of drapery and cloth, Christian Dior was also as savvy as a tycoon about the business side of fashion. That's the idea behind Dior, a new book by Alexandra Palmer, a fashion scholar and senior curator at the Royal Ontario Museum. Palmer traces the brand's history between the pivotal years of 1947, when the landmark New Look collection launched, to 1957, when the designer died."Dior was a magic word," says Palmer. "It was buying into a dream, the magic of Paris. Anything associated with him was gold."

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Elvis' grandson signs record deal

Elvis Presley's teenage grandson has landed a record deal worth $5 million US. Benjamin Presley has landed a five-album contract with Universal, and has already started work on his first LP, which he hopes to release next year. METRO NEWS SERVICES

Entertainment

Gaga Gossip

Lady Gaga will appear on an upcoming episode of Gossip Girl, according to the New York Daily News. The singer is said to be playing herself.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Michael Bublé's Crazy Love

Michael Bublé

Album: Crazy Love
Label: Reprise/Warner
Rating: ⊕⊕⊕⊕

BY NOW, MOST people know what to expect from Michael Bublé — sweet crooning, pop standards, and light jazzy sounds. But somehow, the artist can still surprise. Crazy Love is the Vancouver singer's most diverse record. He tackles both Cry Me a River, a bouncy love song by Arthur Hamilton, and Ray Charles' Georgia on My Mind, which features the smokiest vocals of his career. He ends the disc with a fantastic cover of Ron Sexsmith's Whatever it Takes. Whatever you think of the guy, Bublé does his thing better than almost anyone else.

Bryan Borzykowski/for Metro Canada

Kiss

Album: Sonic Boom
Label: Roadrunner
Rating: ⊕⊕½

THERE'S NO GOOD reason why Kiss is releasing a new disc — the follow-up to 1998's Psycho Circus. Most people like the old tunes, and the recent music doesn't sound any different than those hits (besides being worse). In some ways, it's admirable that they care enough about themselves as musicians that the band members want to work on a new album, but they know where their bread and butter lies — an accompanying disc is loaded with classics. In the end this album is for the die-hards; casual listeners should stick to one of Kiss' greatest hits records.

Bryan Borzykowski/for Metro Canada

Matthew Good

Album: Vancouver
Label: Universal
Rating: ⊕⊕⊕⊕

VANCOUVER NATIONAL ANTHEM should be the official song of the 2010 Olympics. Matthew Good tears into the touristy tinsel wrapped around his hometown to reveal something sinister lurking below the snow caps. Good sings about the horrors of Vancouver's downtown eastside through the zombie eyes of the people who inhabit it. "We all live downtown/We all die downtown/Step Over Ourselves," goes the chorus. Keep it in mind when you watch the figure skating live from GM Place. But this album is not all about politics. Good uses the city that has nurtured his muse as a canvas on which to squeeze out some more personal demons. Some of it is even sentimental. All in all, Good remains angry, angsty and relevant.

Graham Rockingham/for Metro Canada

WARNER MUSIC PHOTO

Crazy Love is the most diverse record of Vancouver singer Michael Bublé's career.

MusicReviews

music@metronews.ca

Toby Keith

Album: American Ride
Label: Universal
Rating: ⊕

TOBY KEITH HAS become the Rush Limbaugh of country music. His blinkered ideal of the American dream is under threat from the "wave comin' cross the Mexican border," weak-kneed liberals wanting to "bust" people for singin' Christmas carols, consumer protectionists suing hamburger joints for spilled coffee and paranoid environmentalists worried about aerosol cans and ozone holes. Patriotism is defined by killing Iraqi "sons of bitches" in "low-water ditches." Everything would be better, of course, if we just increased the size of American flags, Harley choppers and plasma TVs. Keith's world view is portrayed in no uncertain terms in the songs that bookend his new CD, American Ride. The opening title track is sure to be a hit among those who have problems differentiating between Obama and Osama, while the closer, Ballad of Balad, is a stars-and-stripes groaner tooled to make one believe that every U.S. foreign policy blunder is justified by the sweat of the average American grunt.

Graham Rockingham/for Metro Canada

Backstreet Boys

Album: This is Us
Label: Sony Music
Rating: ⊕

LET'S DEAL FIRST with the title of this album. Surely it can't be grammatically correct? Shouldn't it be This is We? Or even Those are We? We'd grant the Backstreet Boys the artistic license to break the language rules, of course, if there was (were?) any art contained on this ... this ... thing. We're not asking for cliche-breaking lyrics just some dance beats that won't drive us up the wall. We should at least expect vocal harmonies that sound something more than machine generated. The low point is a track called PDA. The letters are supposed to stand for Public Display of Affection, but the song contains all the emotion of a Personal Digital Assistant. Who is going to buy this album? A lot of 20-something women trying to relive their adolescence.

Graham Rockingham/for Metro Canada

Hockey

Album: Mind Chaos
Label: Capital/EMI
Rating: ⊕⊕½

WHILE THE NAME might pique the interest of many Canadians, Hockey is just another rock band from the U.S. The buzz around this Oregon foursome is growing, but it's not clear why — they're basically another fuzzy guitar band in the vein of Hot Hot Heat. There are a number of catchy songs here, and the mix of electro sounds is a nice touch, but ultimately they don't offer anything new. Some tracks do veer from the distorted formula, but that's not necessarily a good thing — Work sounds like a Maroon 5 cover.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

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Elvis: the next generation
Elvis Presley's teenage grandson, Benjamin Presley, has landed a record deal worth more than $5 million. He signed a five-album contract with Universal, and hopes to release his first LP next year. FEMALEFIRST.CO.UK

Wilco to kick off Canadian tour in B.C.

CROSS-COUNTRY Six-piece Chicago rock band Wilco has announced a seven-date Canadian tour in 2010, preceded by a free performance at an Olympic festival in Vancouver on Feb. 13. From there, the alt-country group will play in Edmonton, Calgary, Saskatoon, Hamilton, London, Ottawa and Halifax.

Plaskett scores four folk award nods

MUSIC Halifax singer/songwriter Joel Plaskett has earned a leading four nominations for this year's Canadian Folk Music Awards. Plaskett is up for Contemporary Album of the Year (for the triple album Three), Solo Artist of the Year, Producer of the Year, and the "Pushing the Boundaries" award. Montreal ensemble OktoEcho is next with three nods. The prizes will be handed out Nov. 21 at the Canadian Museum of Civilization.

THE CANADIAN PRESS

Anna Nicole Smith was probed by FBI

MURDER PLOT The FBI investigated whether Anna Nicole Smith plotted to kill her tycoon husband's son as they battled for his father's fortune, newly released files show, but the former Playboy Playmate was never prosecuted. Records show the agency investigated Smith in 2000-2001 for an alleged plan to kill E. Pierce Marshall.

THE ASSOCIATED PRESS

In brief

HOMETOWN GIRL
Jennifer Hudson is returning to her birthplace, Chicago, to make a prime-time Christmas special for ABC.

LITERARY LION
Harvard University has acquired the manuscripts, correspondence and other papers of the late author John Updike.

THE ASSOCIATED PRESS

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

New disc is a Good homecoming

In 'Vancouver,' rocker explores his relationship with his native city

KEITH CARMAN
for Metro Canada

"Hospital Music was cathartic. This album is getting it off my chest," declares solo rocker Matthew Good about the relationship between his last effort and his current offering, Vancouver (Universal).

To Good, both albums are incredibly personal, albeit on disparate levels. Where 2007's Hospital Music was created as Good came to terms with a long-standing medical condition, Vancouver, which was released this week, is slightly more relaxed. It relays his experiences, sentiments and aspirations for the city he has grown with over two decades.

"When you live somewhere for so long, you see everything: the good and the bad," he continues. "You can't dispel one for the other, which is why even people who claim to hate a city still have fond memories in it. You have to focus on both of those emotions, and this album does just that.

Matthew Good aims to show the best and worst of Vancouver.

"In this city alone, I've lived everywhere from nice neighbourhoods to the poorest one in Canada. I've watched Vancouver turn from an edgy scene with a great arts and music community to [the point] where those communities have been stifled. Some people call that progress, but I call it a cultural loss."

Despite the city's "loss," Good's commentary on the current state of Vancouver proves his creativity is at an all-time high. From the straightforward flow of Last Parade through Great Whales of the Sea — a song he crafted while tinkering with authentic whale sound bites — the album's 10 tracks are a strong step forward from Good's already solid body of work.

"When you live somewhere for so long, you see everything: the good and the bad."
Matthew Good

"I have a definite affinity for grandeur, especially orchestral arrangements. I'm a massive sucker for that," he says with a smile. "The songwriting is progressive compared to the last record, depending on how you define that. You can go off the deep end and be experimental, but I focus on the emotive quality of songs. That's where I find the progressive aspect of my work. You can listen to Hospital Music and it emotes a certain feeling, and I wanted this record to emote its own unique feeling."

Good offers his own means of evaluating his distinct work, be it Vancouver's slightly removed point of view or Hospital Music's intimacy. But he's careful to allow listeners to derive their own personal meanings from his compositions.

"I equate it to weather," says Good. "Almost every song of my career feels like a weather condition. That's the perfect backdrop for a song.

"For this album, well, it depends. Some songs are calm and still, quiet and contemplative, where others are a lot of wind and a looming rainstorm. There are grey days, hot days.

"Ultimately, though, it's subjective as to how people view it. Sometimes it's best for people to take it as what it is and apply it to their own lives."

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/8/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Doc Zone "First Flight" (CC)		The Border "The Dead" (CC)		CBC News: The National (N)		(:05) The Hour
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	5 CTV	The Vampire Diaries (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N) (CC)		(:01) The Mentalist (CC)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Stargate SG-1 "Foothold"		Supernatural "Fallen Idols"		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Samoa (N) (CC)		The Office "Niagara" (N)		90210 (N) (CC)		News
	256	389	12 VI	TMZ (N) (CC)	Hollywood	FlashForward (N) (CC)		Fringe "Momentum Deferred"		(:01) Private Practice (N)		A News (N)
	253	359	13 CITY	The Office	The Office	Community (N)	Parks-Recreat	30 Rock	30 Rock	The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	The Vampire Diaries (N)		Supernatural "Fallen Idols"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Samoa (N) (CC)		CSI: Crime Scene Invstgtn.		The Mentalist "Red Badge"		KIRO News
	287	379	16 NBC	Evening Mag.	Inside Edition	Community (N)	Parks-Recreat	The Office "Niagara" (N)		The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery	Confidential	Confidential	Divine Design	Divine Design	Love It-List It
	288	380	24 ABC	Wheel-Fortune	Jeopardy! (N)	FlashForward (N) (CC)		Grey's Anatomy (N) (CC)		(:01) Private Practice (N)		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	Seinfeld	Apt Pupil ★★ (1998, Drama) Ian McKellen, Brad Renfro.				Cheers (CC)	Cheers (CC)	Seinfeld
	291	383	27 PBS	Doc Martin "Going Bodmin"		Doc Martin	(:40) Doc Martin (CC)		(:32) Doc Martin (CC)		Doc Martin	Doc Martin
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (N) (CC)		Fringe "Momentum Deferred"		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Casebook-Sherlock Holmes		Red Green	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Up From Ashes	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	The Vampire Diaries (N)		Supernatural "Fallen Idols"		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news	502	390	23 NW	The Nature of Things (CC)		CBC News: The National		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(6:30) MLB Baseball National League Division Series Game 2 -- Teams TBA. (Live)						Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			NFL Films	Score Golf Television Special		Billiards: WPBA		SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman Costa Rica.		Ghost Hunters (CC)		Bounty Hunter
	410	403	54 SCR	(6:00) College Football Nebraska at Missouri. (Live)				Score Now		Score Now		Final Score
	417	406	55 SC	Barrett-Jackson Auction		Barrett-Jackson Automobile Auction From Las Vegas.						
	416	409	144 GLF	Fútbol		Fútbol Alemán		Gol TV News	Toronto-Today	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Family Biz (N)	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Stoked	Total Drama	Majority Rules	6TEEN (N)	Futurama	King of Hill	Blade II ★★ (2002) Wesley Snipes. (CC)		
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Francesco	Francesco	Adventures in Architecture		Marlene Dietrich: Her Own Song ★★ (2002)		
	575	583	20 CMT	Home Imp.	Home Imp.	Karaoke Star "Charlottetown"		Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	42 MM	Love Court	Instant Star	One Tree Hill (CC)		You Can Dance		Dance	Love Court	Spotlight
	600	564	29 H&G	House	House	Holmes Inspection (CC)		Family Reno	Disaster DIY	Holmes on Homes (CC)		House
	615	520	31 A&E	The First 48 (CC)		Crime 360 (CC)		(:01) The First 48 "Silenced"		(:01) The First 48 (CC)		The First 48
	628	584	32 SPKE	(6:00) TNA Wrestling (N)		TNA Wrestling: Global Impact		MANswers	GameTrailers	Stripperella	Stripperella	Stripperella
	521	560	34 TLC	Police Women of Broward		Police Women of Broward		Police Women of Broward		Police Women of Broward		Police Women
	616	522	39 SHO	The Outer Limits "Lion's Den"		Da Vinci's City Hall		The Best Years		Saving Grace "She's a Lump"		NCIS (CC)
	620	523	40 BVO	(6:00) Cake (2005) (CC) (DVS)		Law & Order "Zero" (CC)		Without a Trace "Daylight"		The Small Back Room ★★★ (1949) (CC)		
	601	562	41 SLC	X-Weighted "Naomi" (CC)		ET Canada	What	Biggest Loser Australia (CC)		Beauty and the Geek (CC)		Trading Sp
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Drain the Ocean				MythBusters
	522	506	44 HIS	Ice Road Truckers (CC)		Ancient Discoveries (CC)		Underworld Histories (CC)		Life After People (N) (CC)		Jetman (CC)
	627	528	45 SPC	Eureka Lupo acts strangely.		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	(6:30) MLB Baseball National League Division Series Game 2 -- Teams TBA. (Live) (CC)						MLB Post	Sex and-City	The Fugitive
	619	525	48 TROP	Seinfeld	Seinfeld	The Outer Limits (CC)		ET Canada	TV Made	Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	Ace of Cakes	Ace of Cakes	Family	Family	Unwrapped	Unwrapped	Perfection	Perfection	Ace of Cakes
	-	-	53 AMC	(5:00) Patton ★★★★ (1970) George C. Scott. (CC)				Shenandoah ★★★ (1965, War) James Stewart, Doug McClure. (CC)				
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box	Jon Dore	Daily Show
	320	621	60 CEN	(6:15) Heaven on Earth (2008)		Happy-Go-Lucky ★★★ (2008) Sally Hawkins. Premiere.				Boy A ★★★ (2007) Andrew Garfield. (CC)		
	581	566	101 MTV	Nitro Circus	Pranked (N)	MTV Live	MTV News	Fantasy Fact.	Beatdown	Nitro Circus	Pranked	MTV Live
	261	394	102 V	(6:00) The Name of the Rose ★★ (1986) Sean Connery.				The Detective ★★★ (1954, Comedy) Alec Guinness. (CC)				Paid Program
	-	-	105 MUL	Banquet	Kingdom-Wind	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections	Desi Rhythms	Patrol World

critics'corner

Community
Shirley and Jeff (Yvette Nicole Brown, Joel McHale) begin to bond by dishing about Britta's (Gillian Jacobs) new boyfriend, but Joel quickly discovers that gossip is addictive and contagious. Annie (Alison Brie) recruits Abed and Troy (Danny Pudi, Donald Glover) as test subjects for Professor Duncan's (John Oliver) psychology research team. Chevy Chase also stars in the new episode "Social Psychology." 8 PM on NBC

The Mentalist
After Lisbon (Robin Tunney) is accused of murdering a paroled child molester she had arrested, Jane, Cho, Rigsby and Van Pelt (Simon Baker, Tim Kang, Owain Yeoman, Amanda Righetti) decide to conduct their own investigation into the killing in the new episode "Red Badge." Christian Clemenson, Kyle Davis and Jake Busey guest star. 10 PM on CBS

Vote for your favourite Chinese restaurant

The 2nd Annual Chinese Restaurant Awards have been launched. Vote online for your favourite spots in 15 categories at chineserestaurantawards.com until Nov. 15, 2009. METRO NEWS SERVICES

Urban Foodie

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Signature Drink:
Lemon Meringue

Signature Dish:
Rib Eye
Rating: ●●●●½
Dinner & drinks for 2:
$110

So.Cial has had its ups and downs over the past few years, going through several chefs, and, to my mind, never really solidifying their vision — until recently. With the arrival of Denmark's celebrated chef Harman Gill, who has taken over as EC, it looks like a new era is about to begin.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

Several recent visits revealed a menu that is big on clean flavours. Chef Gill, by his own admission, is no fan of gastriques and their ilk, and it shows in the food. A vegetable platter ($23) built for two — or perhaps just one hungry vegan — is glazed with jasmine tea and not much else.

For dinner one night, we tried the three-course prix fixe menu ($45). Forget about ordering what you like, just tell the chef what you don't like, and he will compose the rest.

Lightly seared Bayne Sounds scallops with chicken crackling were followed by tender beef medallions with burnt onion puree and oodles of sparingly glazed vegetables, and a finish of fresh blueberries, cranberry gelée, and toasted financiers. It's food that's refreshingly short on sugar and long on local, earthy flavour. What could be more contemporary?

ANYA LEVYKH/FOR METRO VANCOUVER

Rib eye medallions with burnt onion puree and local vegetables.

On the web

Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant for this recipe for Biscotti with Lemon and Anise Seeds.

Taste of Argentina

Next year's theme countries for the international wine festival have been announced, and it's Argentina paired with New Zealand. Get ready for Malbec, Torrontés, Pinot Noir and Sauvignon Blanc, plus rosé as the global focus. This week, try out Torrontés, an Argentinean white varietal that is characterized by notes of spice, citrus, almonds and tropical fruits. One to try: Michel Torino Cuma Organic 2008. BCLS $14.00.

Dining out

CORNUCOPIA IS BACK
Araxi Restaurant (4222 Village Square, Whistler) is once again holding their Big Guns Winemakers' Dinner, this year featuring the wines of Long Shadows Vintners. The five-course menu, based on the Pemberton Valley autumn harvest, includes wine pairings from LSV's 2006 collection. $195 inclusive. For tickets and more info, visit whistlercornucopia.com.

CANDLELIGHT CONSERVANCY
On Oct. 28, help BC Hydro conserve power by dining by candlelight at one of 30 Vancouver restaurants, including The Refinery, C Restaurant, Diva at the Met, Le Gavroche, Provence Marinaside, Raincity Grill, Italian Kitchen, Sanafir, and So.Cial at Le Magasin.

In brief

SHOW The One of a Kind Show this weekend at the new Vancouver convention centre promises several tasty adventures. Learn more at oneofakindvancouver.com.

HONOUR Craig Noble, filmmaker and producer of foodie film, Tableland, has been named Foodie of the Year by Western Living Magazine's Top Forty Foodies under Forty listing.

ADVERTISING FEATURE

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Urban Eats runs Thursdays in Metro.

Fun with apples
For breakfast or brunch, grate apples into pancake batter with a pinch of cinnamon. Top with a syrup made from chopped apples, brown sugar, butter and cinnamon. Or spoon the syrup over yogurt or ice cream. METRO NEWS SERVICES

Urban Foodie

Going local challenging

Chickens finally can roost legally in Bozeman, Mont.

And it's thanks largely to a group of food-minded locals calling itself the Community Led Urban Chicken movement — that's right, CLUC — that persuaded city officials to lift restrictions on the increasingly popular practice of keeping backyard birds for eggs or meat.

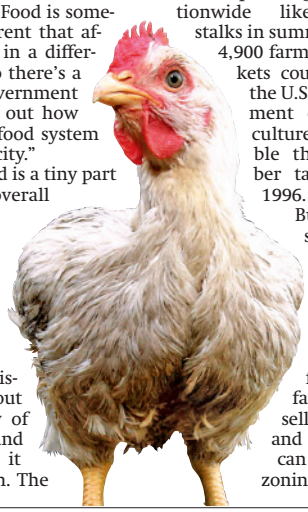
Such encounters between so-called locavores (people who strive to eat locally produced foods) and bureaucrats are increasingly common as more people try to bring a taste of the farm to the city.

As the popularity of eating local has moved from the high-end restaurant scene to the mainstream, local food has become a priority issue for more mayors, city planners and zoning officials who must make decisions about everything from chicken coops and farmers markets to more expansive policies designed to boost consumption of fresh food.

"All across the country, city officials are beginning to realize that the food system isn't merely like other businesses — office supplies or electronics," said Nevin Cohen, an assistant professor of urban studies at The New School in New York City. "Food is something different that affects cities in a different way. So there's a role for government in figuring out how to get the food system right for a city."

Local food is a tiny part of the overall U.S. food market, but it's growing fast as consumers become more discerning about the quality of their food and where it comes from. The market research firm Packaged Facts estimates demand for local food will grow to $7 billion in 2011, up from around $4 billion in 2002.

Americans' growing taste for local food is most apparent in the farmers markets sprouting up nationwide like corn stalks in summer. The 4,900 farmers markets counted by the U.S. Department of Agriculture is double the number tallied in 1996.



"Food is something different that affects cities in a different way."
Nevin Cohen, assistant professor of urban studies

But even something as benign-sounding as a place for local farmers to sell lettuce and apples can pose zoning or planning issues. Markets need variances if they're to be set up in noncommercial areas. Impacts on the neighbourhoods need to be considered: Are there enough parking spaces? Will unsold vegetables will be left to rot on the curb?

Kimberley Hodgson, manager of the American Planning Association's Planning and Community Health Research Center, said more municipalities are starting to consider plans that take into account whole regions — city and country — as they consider the entire food chain from production to disposal. THE ASSOCIATED PRESS

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IN ASSOCIATION WITH: LFP LOCALFOODPLUS

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Baby daddy buffing up

Levi Johnston is getting ready to bare all. "Team Levi is in the process of preparing for his Playgirl appearance," his lawyer Rex Butler tells usmagazine.com. "He is in the gym six days a week for the next three weeks." METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

Jamie Kennedy has health concerns of his own, Miley Cyrus is doing great despite what you may have read, and Rivers Cuomo has a handy way to avoid disappointment.

• @jamiekennedy does anyone else feel like they have pig flu, mixed with sars???

• @mileycyrus I'm the happiest I've ever been & for that my family's SO grateful. So for LAME bloggers that don't know what they're talking about SHUT UP!

• @riverscuomo It's good to be humble. That way you don't feel so bad when you do something stupid.

METRO WORLD NEWS

Beyoncé speaks out on scandal

NO, NO, NO The other woman at the centre of the Kanye West Video Music Awards shout-out scandal is finally speaking out, people.com reports.

Beyoncé Knowles, whose loss to Taylor Swift in the Best Female Video category prompted West to storm the stage and steal the microphone from Swift at the Sept. 13 ceremony, says she understands the rapper's motivation.

"Well, I knew his intentions, and I knew he was standing up for art; and he told me before, when they said the nominees, he's like, 'You have this award,'" she told O: The Oprah Magazine editor-at-large Gayle King.

"When they didn't call my name he was, like, completely shocked," Knowles, 28, added. "And when he walked on the stage, I was like, 'No, no, no!' and then he spoke, and I was like, 'Oh, no, no, no!'"

When Beyoncé won Video of the Year later that evening, she called Swift back on stage to let the country star finish her speech.

"In the end, it ended up being a great night, and Taylor Swift did get her moment — and I didn't have to make an acceptance speech," Knowles said.

METRO NEWS SERVICES

Federline skipped out on rent, trashed place, says Owner

BUTTS AND BEER The owners of the Tarzana, Calif., home where Kevin Federline was staying until May are after him for six months of unpaid rent and for trashing the house, according to TMZ. The owners are seeking $110,661 US in unpaid rent and damages.

The complaint alleges that Federline's poor housekeeping has left gutters full of cigarette butts and beer bottles, permanent spit marks, and drawings on the walls, dismantled smoke detectors, oil marks on the driveway, dead plants and more. METRO NEWS SERVICES

Kelly burns and not in a good way

OUCH Kelly Osbourne is furious at a British body spray brand that left her with burn marks all over her body, resulting in a quick wardrobe change for her latest appearance on Dancing with the Stars.

METRO NEWS SERVICES

Trouble in paradise for Brangie?

TURNING TO AN EX Brad Pitt allegedly had a secret meeting with Jennifer Aniston in a hotel during a recent trip to New York during which he looked for advice about his reportedly floundering relationship with Angelina Jolie, according to Grazia magazine.

"Brad was unloading his emotional baggage on Jen, which isn't exactly fair considering their history," a source tells the magazine. "She was quick to tell him she wanted no part in his breakup with Angelina."

METRO NEWS SERVICES

Monday's Eyebrow Message

Cadbury DAIRY MILK

visit the purple sidewalk
by the convention centre on
canada place way. do 1 twirl,
3 claps and yell "chocolate."
12-2 pm today. first 100 people
get surprised.

If you were at the purple sidewalk on Monday, you would have seen plenty of claps, twirls, yells, Secret Agents, Dairy Milk* giveaways, chocolate, smiles, smiles and more smiles. If you missed it, get a taste at **dairymilk.ca**

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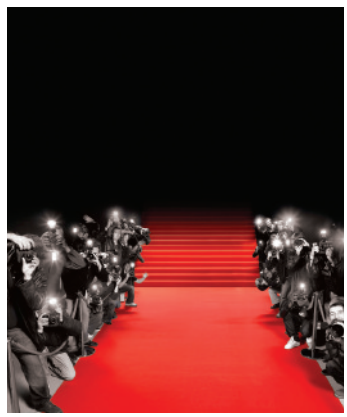

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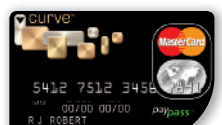

No annual fee

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[1] Simply use the Curve™ MasterCard® between September 15, 2009 and November 20, 2009 to be automatically entered for a chance to win. You will automatically receive 10 entries into the contest every time you use your card to make an eligible purchase between September 15, 2009 and November 20, 2009. You will receive 10 entries for a video submission with the possibility of 150 more entries if your video is selected for uploading and voted for. Canadian Tire Bank reserves the right not to accept for submission any videos it considers inappropriate or not in compliance with contest guidelines. No purchase necessary. Visit thecurvecard.com/vancouver for details on no purchase necessary entry. There is one (1) grand prize Grammy Prize package (CAD$15,000 estimated value) to be awarded to the winner of the contest draw, and one (1) CAD$500 credit to the Curve MasterCard, or a Canadian Tire gift card loaded with CAD$500, will be awarded to the person who receives the highest number of votes for their video submission. Full contest details available online at thecurvecard.com/vancouver. Contest closes November 20, 2009. Skill testing question required. Odds of winning depend on the number of eligible entries received.

[2] Some conditions apply. See Cash on the Curve™ Rewards Program Terms and Conditions for details. The Canadian Tire Curve™ MasterCard® is issued by Canadian Tire Bank pursuant to a licence by MasterCard International.

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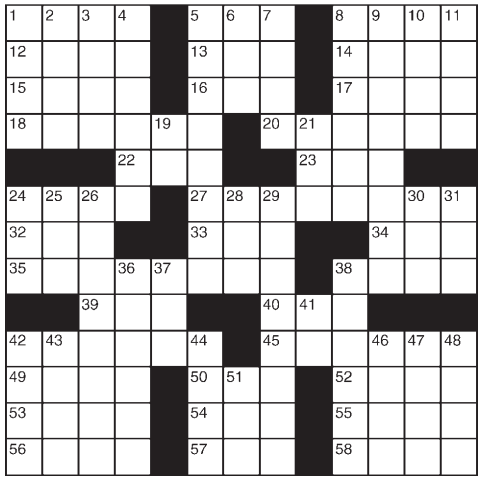
Take Five



ACROSS

1 Head light
5 Send out invitations
8 Lendl or Boesky
12 Warrior of legend
13 Prompt
14 Judicial garb
15 Secular
16 Gorilla
17 Many Louvre pieces
18 Quick mission
20 Jousting weapons
22 Wade opponent
23 Tall tale
24 Bankruptcy cause
27 Jewelry container, maybe
32 Past
33 End for mob or text
34 Sapporo sash
35 Positions for favorable viewing
38 Former mates
39 Total
40 Baltimore newspaper
42 Spur
45 Survivor setting, often
49 Laugh-a-minute
50 Smallest prime
52 Chilled
53 Farm fraction
54 Has the wherewithal
55 Antitoxins
56 Requirement
57 Time card abbr.
58 Helen's home

DOWN

1 Robust
2 Open somewhat
3 Den
4 Farm wagon of a sort
5 College life
6 Dine
7 Carina
8 Oddly funny
9 Larynx
10 Competent
11 Capone foe
19 "Just say —"
21 Foreman rival
24 Apply lightly
25 Swelled head
26 Sports-page summary
28 Last (Abbr.)
29 Meetings
30 U.K. award
31 Greek consonants
36 Fit
37 Ambulance worker (Abbr.)
38 Sign up
41 People competitor
42 Persia, now
43 Pleasant
44 Engrave, say
46 Maple genus
47 Infamous lyre player
48 Crucial time
51 Series of skirmishes

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7		6		9			5
				4		9		7
				7		2	1	
	6						5	3
			1		4			
7	8						2	
	2	4		9				
5		7		8				
3			7		5		8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

6	9	2	3	1	5	7	4	8
3	7	8	4	2	9	6	1	5
1	5	4	8	7	6	2	9	3
4	2	7	5	8	1	9	3	6
8	1	9	7	6	3	5	2	4
5	3	6	9	4	2	8	7	1
9	6	3	1	5	7	4	8	2
7	4	5	2	3	8	1	6	9
2	8	1	6	9	4	3	5	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

STEPHEN MACLEOD

Spicy Szechuan Pork or Chicken

Submitted by Kyle Longbotham, Summerland, B.C.

INGREDIENTS:

1 lb boneless pork loin (chicken would also work)
1 tbsp oil
1 bag store-bought broccoli or cole slaw, your choice
1 red pepper, julienne style
1/2 cup water
1/2 cup spicy Szechuan sauce (if you don't like it too spicy, only use 1/4 cup)
1 tbsp honey (more if you like it sweeter)
2 cups jasmine rice

METHOD:

1. Cook jasmine rice as the package directs.
2. Slice pork or chicken into strips.
3. Heat oil in heavy skillet or wok. Add broccoli or cole slaw and stir-fry 2-3 minutes until tender. Remove and set aside in a bowl.
4. Add meat to skillet or wok. Stir-fry over medium high heat until browned.
5. Add bell pepper and water. Cover and cook for 4 minutes until pork or chicken is tender.
6. Combine Szechuan sauce and honey. (If you don't like your food too spicy, add equal parts of Szechuan sauce and honey.)
7. Add the broccoli or cole slaw. Cook and stir for 2-3 minutes until hot.
8. Serve over jasmine rice.

SERVES 4
PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES

20 minute SUPPER CLUB

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
There's no point blaming yourself for something you couldn't have known was going to happen. So accept that on this occasion you were taken by surprise.

TAURUS ♉
APRIL 21-MAY 21
Pace yourself carefully today because you could easily take on too much and do yourself harm. That applies to both your brain and your body.

GEMINI ♊
MAY 22-JUNE 21
Keep your thoughts to yourself today, especially if you are the kind of Gemini who tends to speak first and contemplate what you've said later, if at all.

CANCER ♋
JUNE 22-JULY 22
The planets warn if you try to do more than one thing at a time you will lose direction, and when you lose direction you lose power too.

LEO ♌
JULY 23-AUG 23
You could be lulled into a false sense of security about your money situation, making it easier for dishonest types to make a killing at your expense.

VIRGO ♍
AUG 24-SEPT 22
You may find it difficult to talk to others today but most likely it's only a temporary problem. On the weekend you'll be on the same wavelength again.

LIBRA ♎
SEPT 23-OCT 23
You don't mind working hard but you are under no obligation to work yourself into the ground for others. You've been taken in by sob stories.

SCORPIO ♏
OCT 24-NOV 22
You seem to be under the impression that time is running out and that a mistake you made is now set in stone. That's not true.

SAGITTARIUS ♐
NOV 23-DEC 21
Make sure others know what you're trying to tell them today, because if you get your wires crossed you'll get more than sparks!

CAPRICORN ♑
DEC 22-JAN 20
Listen to what friends say you should do to rectify a negative situation — then do the opposite. What other voices say is irrelevant.

AQUARIUS ♒
JAN 21-FEB 18
Be cautious when doing business with people you don't know on a personal level. The planets warn you cannot afford to take risks.

PISCES ♓
FEB 19-MARCH 20
Do you read the riot act to someone who's giving you a hard time for no good reason, or do you ignore them? The latter is the better course.

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